BOB'S TALK: 8/22/90

(Audience talk up-front, not seemingly relevant)

Bob: I have a few stories I could tell you. You see, I have it over you, I'm quite sure. You know how? Five daughters.

Audience: I have four.

Bob: I've got five. How old are your five daughters?

Audience: Eighteen.

Bob: Oh, you're just in the, you're in the rough place! I have a lot of fun, or did have a lot of fun with my teenage daughters. Because they would bring these young guys home. And, they'd bring them home, and they're trying to be very manly, you know. And they'd come in and look Daddy in the eye, "Oh, Mr. Monroe, glad to meet you!" and shake hands very vigorously. But their palm is sweating! And I had great fun staring them hard in the eye and saying, "Hello, young fellow." And this very (?), I know what you're thinking! And it was so much fun, because I remember when I had the sweaty palm, don't you see? But I don't know if those fathers were having as much fun about it as I did.

It's that thing that you knew what they knew, what they were thinking, and they knew that you knew, see.

Anyway, I see you're all operational, hmm? You've been drawing pictures and everything else. Pretty good! Well, that's what nice weather does.

Audience: It is nice weather.

Bob: Oh, it is wonderful. We have a, we're up on the hill, as you know, and one of the nice things about being up on the hill is that when you have weather like this, the clouds go "choink" right there. And you're in this misty, mystic land with all the

trees up in the midst, even at noon time. Nice stuff. All the cats love it.

Anyway, I just am not in too hurry to get into the hard stuff. Anything I need to tell you about tonight that you can think of? Well, you're supposed to know it all now, is the point, see?

Audience: I had a really great experience this afternoon when I changed (energy?), and I went to Focus 21 (with a white man?). And the (white man?) was an energy. And I couldn't communicate at first until I remembered from your book how don't - you can't be in this form. So, I changed into this nice little ball. And did I have fun after that! All of it - a pyramid, a triangle, a square . . .

Bob: Quick change artist, uh?

Audience: Yeah, well she told me even at the crack of dawn it isn't safe around me anymore. I didn't tell you that, Ginger told you that!

Bob: I can see you've had a lot of trouble with this . . .

Audience: Energy Bar Tool!

Bob: Yeah (great laughter)! Who did this? Gracious sakes. You just don't want me to eat supper, I know.

So, let's see. There's always I have forgotten to tell you and let you chew on. I did challenge you about this ultimate illusion, didn't I? It's not time yet. Not time. See how we get so embedded in time?

Now if you think I'm going to sit up here and watch you - have you watch me chew and mess with this messy - I'll see you

later. Well, that's one of these things that you're obviously beginning to have a lot of fun in areas that were terribly sober-sides before, right? I can see that. That's good.

Audience: Thank you for providing me, for all of us, _____?

Bob: Well, you haven't climbed to the peak, yet! You're just getting ready to. This new brother of yours is having quite a time.

Down in the lower area there is a special set of leg manacles that you can use. Go down and turn left and turn left again and there it is, you know.

Audience: They decided to charge me more. I got a real, mundane technical question, _____? well it's not technical, but you can probably answer it like that. And I haven't been able to get the answer from anybody else. What's the difference in the H-Plus and the Mind tapes? The Mind Food tapes?

Bob: Gracious.

Audience: You know, as far as what Hemi-Sync is put on them. I understand the Mind is supposed to be for consciousness ____? and the H-Plus are physical. But they sound a lot alike.

Bob: The dividing line is principally this way. The H-Plus system provides you with a function that you can learn. And that function is quite specific. In other words, you're able to learn it, and then you don't need to have a tape anymore to do it. And of course, all of this is the same. But this is a very specific function, and gives you a - it's either a physical/mental or emotional function, I might add. And it's set up through, you probably know, an access channel that's developed in the H-Plus.

Which some of our people claim reaches all the way down to the cellular level in this instruction. As a result, your whole physical, and mental, and emotional self responds to this. These functions you - the commands for those functions - you issue to yourself when you need them.

One I use very frequently, and very frequently means, oh, five times a day, anyway. It's called Tune-Up. Now, I'm not sure what's happening to me, whether it's a system of regeneration, because Tune-Up is not a pain killer. It is a modifier, I guess, or a regenerating method. I can give you the best illustration of how I use it.

I will get a spot headache right here, for example. And it just comes on in seconds, and it's an ache or a pain, and does not necessarily throb. But it's isolated right in here. And I will reach up, touch the area, near as I perceive it, close my eyes, use the function command, and then drop away from it. In no more than two minutes, the pain is gone. And I never have a headache at that spot again. Never have it again. I have another one over here, over here. And the only thing I can figure is, that because of what this particular function is, is I'm doing something with the blood vessels or some pattern or arteries in that part of my head. And as a result, that Tune-Up is - because it's designed to do that - is not just getting rid of a headache, it is getting rid of the cause of the headache. And that means either dilation or expansion, or whatever, of the blood vessels in that area. It's the only thing I can - and medically that's what - after much discussion, is what we've

understood. But would you believe I've been going over my head for the last eight months or longer? And pop, pop. But it never comes back in the same place. (audience, can't hear) That's the logic of it, yes! That's very much the logic of it.

Audience: If you feel it's not working for you as well as when you started, is it because you're not using it often enough or because you need to go back and repeat the thing?

Bob: My guess is, it doesn't cost anything to go back and repeat the tape. I use an inhale, and hold my breath, and say the function, eyes closed. That's what I do. That works best for me. I found it's not wholly necessary, but it seems to me kind of great insurance for my ritual, do you follow what I mean?

Audience: Yes, that's what I've been doing. On the Eat-No-Eat tape, may I make a suggestion?

Bob: Sure, love to.

Audience: You say, if you are hungry but don't want to eat, what about if want to eat and you're not hungry?

Bob: Now that's the part we haven't figured out. That's pretty good! That can be H-Plus #57, alright? Some of those - some have been so spectacular in their results, they're just downright wonderful. Because anybody can use them, they're not serial. You don't need H-Plus 101 before you do 202, you see. You can take your pick on them.

Audience: In other words, you do one Prep tape, and you don't have to do that tape anymore?

Bob: No, once you have it well-set, you don't need it at all. Always go to the actual function exercise side.

Audience: And when I did that, that Eat, No Eat tape, and it had been effective except I wanted to eat.

Bob: That's natural.

Audience: But anyway, whenever we did go into it and make the channel there, I really felt that every cell of my being was open and receiving it. And I love_____? satisfied for (pie?). Because I can apply it not only to food, but to every other area.

Bob: Not a bad idea. When we talk about hunger, we may be speaking of a lot of different kinds of hunger. You're absolutely right.

Audience: And I want to thank you.

Bob: That's very perceptive. Thank yourself. You're the one that's doing it! We just - here's the tool - scoop, scoop, shovel, shovel!

Audience: Yes, but you know, there had to be a David, and there had to be a _____? and there had to be a Bob, too! Now I don't mean that the way it sounds. There had to be an instrument, always.

Bob: Yes, sir.

Audience: The affirmation is so important. I have a couple of questions about it.

Bob: Yes, indeed. I was waiting, go ahead.

Audience: Okay. One is about the limitation of accepting help and guidance from those individuals or people of greater wisdom, etc. I'm interested in why that limitation is equal or greater. And the other is, the last sentence about guidance and protection. Protect them from what is - from any source, or any?

Bob: I can, I can - see if I can give you a solid answers or opinions. And I'll try to put the "O" in front of the opinion. And this goes back, believe me, this affirmation goes back twenty years. It was set up 20 years ago. And at that time, there was concern, 1) because we in our research - some people were encountering beings in our research who were less intelligent, put it this way. Whatever words you want to use, than they were. And they were having trouble. Trouble meaning, they just got in the way, until we learned a better way to handle it. Which is what you're doing.

That's why that - and the other theory behind it was, which rationalized it, I suppose, was that why bother with something or someone or some being who's less intelligent and less developed than you are? Let's go where we can learn from instead of provide a support system.

The protection business probably came in those early days, in 20+ years ago, from some NHI encounters. Know what I mean by that? No. Non Human Intelligences. And we had a series of penetrations and we found out that this was just one of those reinforcements of a system that we developed then. And I'm sure I've given it to you already, is that when you meet a big dragon, whatever, who's trying to scaring you all with all this big blowing of fire and smoke, or whatever, you reach over and pet him on the nose and say, "That's cute, you're real good!" But if you're afraid, if you're not afraid, then there's no fun for the dragon, if you can understand. So, he throws that one away and says, "What else can I do to scare this character?" And you

don't scare, it's all gone. There is a band through which you pass when you phase. And I say, it's a phasing process. You can phase through a band where it is sort of a - that's why you describe it as if you were a piece of live bait going through the ocean and all the fish come to inspect it, as it were.

Audience: Is that the touching I felt?

Bob: It could be that, yeah. All sorts of kinds of stuff. But, if you think of yourself, if you were on a line down in the ocean, and you're wiggling around, and you attract all the fish like this. Oh, look at that beautiful, wiggling thing! If you stay - if you were completely quiet - you're of no interest to the fish. If you just do nothing, you don't interest the fish.

So, as a result, you learn how to go through that. And once you've gone through it, through this band of - what would you call them - (audience, unheard) - yeah, it's a frequency, but it's a band of - they are non-humans, but they're not intelligence. They're sub-intelligence. They can't hurt you, but your impression is that initially, that they can hurt you, quote, this "band" of leftovers, or whatever. But they're not human and they can't hurt you. And once you go through it, then you can go through it slowly if you want to, and just go through this way. But you don't have to _____ through, you can zap on through that given pattern. It doesn't make any difference. But if you are the exploring type, you can go through it slowly and find out what's going on.

Audience: In your, all your encounters and experience, do you find any negative energy or is it all positive, supporting energy

that's out there?

Bob: You're an adult now, right? I look upon you -

Audience: Well, I'm not physically adult.

Bob: Now, I give you a boost to grow up a bit in a point of important maturity. There is a lot of energy and different kinds of energy, even beyond time/space. That energy, in and of itself, I call it the M-Field, even the time/space energies are totally impersonal. You understand what I mean by that? They, that, these energies are like electricity. They don't - that energy doesn't care one way or another how it's used. This just doesn't make any difference to it. Water can drown you or it can save your life. It's that kind of thing. How it's used.

That's a pattern throughout everything that I've ever encountered. There's that same availability of all these fascinating energies, and so on. And they all have that same impersonality. Most particularly, what I call these Non Human Intelligences, the NHI. They have nothing more than a passing curiosity about us. Especially when - the big point is especially when you are conscious and you're unafraid. It doesn't fit the typical norm of the human. And that's when we get into these ideas and belief systems and being encased in them. But if you're free of those, then you are truly free of that type of influence. And I'll get into influences tomorrow, but not tonight, please.

Audience: Do you find anything out there that's trying to organize this impersonal energy into a force that we might perceive to be negative or might not support us in a positive

way?

Bob: If you can visualize a, in this spectrum, this area of time/space, here is time/space, here we are as we are now, with our tuning device existing in time/space. We are subject to a mass of different influences as we are here. And there are different types there. If you get outside of time/space, there is this huge sphere of influence that is still human-directed, non-human directed. A lot of that is what I call the belief systems. I call them the BS territories, which whatever, you go this way or this way, but they are a layer,or sharply divided because of the belief system in which has created it.

But if you call those constructive or destructive use of that energy, it's all in how you perceive it. Do you follow? But it, no doubt, that it is used and no doubt that is an influence. And a tremendous influence. And if you go beyond that, then where all of you are moving, you're moving along that freedom route that I speak of, and you're obviously tonight, you're well along it. I can see it within you, feel it within you. You're well along this freedom route. And that is a freedom from fear. And moving into this area where you will begin to perceive all these options that are open to you, that have been closed off because of it. Yes sir?

Audience: I'm curious about belief systems.

Bob: Yeah, what about them?

Audience: I'm wondering is there a reality independent of belief systems? And is your answer to that a belief?

Bob: No, I take a very -

Audience: I mean, I'm not trying to be cute or anything, but I am really curious. (more audience participation about repeating the question, can't hear) He wants to know if there's reality beyond belief systems, and then of course, if there's an answer to that question, possibly itself is a belief system. And then what would go with that, it would be my conjecture, that physical matter reality, time/space is itself a consensual belief system. And I'm wondering - I'm hung up on this, 'cause I don't know whether to take all this as just a belief, a complicated one, or if there's something beyond that.

Bob: It's imperative that you, all of you, but he brought it up, so you can sucker with him - maybe suffer is the better word - what this whole design is for, is not for you to believe what I say and sit there and nod. It is for you to go and find out for yourself. For you to be in, say, this is, oh, this is Monroe's belief system, that's not satisfactory even to me.

This design of what you're putting together is for you to go and verify and get past any belief systems. So that it, whatever it is, becomes a known to you. And I kid you not, that what you think is a known, and have a very well established "oh!", it ends up being a belief. And so you're just picking them up, tasting them, throwing them away. Picking them up, tasting it, throw it away. It's astounding what you encounter as you go. But not - there may be a point where you have no belief system. I found some of them hanging over my shoulder every once in a while, and I have to - one I didn't notice, for example. And I have to pull it off, look at it and say, "Oh, no!" and throw it away.

Also, you grow some new ones, is what you're talking about. And it's up to you to determine which is and is not. No one else can do that for you. I can't and I would not. Because I would not want someone to do that for me.

Audience: So you're saying that through one's own experience, verifies one personal reality, but then that still constitutes a personal belief system.

Bob: It can, indeed, yeah.

Audience: I mean, even though one may experience it (by reacting?), I mean like that tape of the guy Patrick who was rescued from the water. He had a belief system about hanging onto the log. So if I go out there to Focus 21 and have this belief system that I'm experiencing myself as a ball of energy interacting with somebody in a hot room, I mean - the fact that that's an experience, I don't think makes it any less of a belief system.

Bob: It can. There are certain criteria that you can establish to find out whether one is a belief or a reality. It's the same thing as the whole concept of dreaming. We have been, all of us have been in the dreaming process, and yet we know not really what a dream is. Go find out what a dream is, and you'll find very much to your surprise, what a dream is. But it is strictly your getting to know that it is a reality, not a belief. And the way you can find it out is, simply, I know of no other way, then through repeated exposures to it. And exploring. Objectively exploring, that's the big word: objectively. I don't know of any other way. If there's a way that it will do this, I don't

know. Because there are so many elements that you have to off-load before you can. And that's what you're doing.

Audience: In encoding neural pathways with this FFR, is there one particular frequency that's designed to induce the out of body experience, and is it also designed to have an echoing effect? To continue to resonate, so to speak.

Bob: An echoing effect? You mean a reverberating effect?

Audience: Yes.

Bob: Not as such. It may do that, but not as such. And there (mmm, that's good)

Audience: ____? people pull back when they are asked to have a no tape exercise?

Bob: When they pull back?

Audience: Aren't they being asked to pull - like whether it's 10, 12, 15, aren't they pulling in neural pathways _____?

Bob: Absolutely. Oh yes, indeed. They certainly are. In other words, that's the whole part of this pattern is that here you sit on this night, and you have developed frequency following responses to stimuli. All now you have to do is think of that stimulant, and you'll have the response.

Audience: What happens when you _____?

Bob: Some part of you is triggering in, I would assume. But that's easily - that's a - I'll have to get into that part of it. That non-conscious desire, as it were, or what you appear, perceive that to be. That is a signal system, as I perceive it. But not from somewhere else or not from some - (audience can't hear) - uh-huh, from you. From you. I'll have to get into it.

Audience: You mentioned three nights ago that you have found where the Creator or, I think that's the term you used _____?Could you talk a little about that?

Bob: Not tonight. I got other things to do tonight.

Audience: Tomorrow night?

Bob: Yep. Tomorrow night. Now I go home, right?

Audience: I had a question. The other night you were talking about when we return to the earth in successive lives that sometimes you get stuck in a morass, and you go lower and lower, and I had read the concept that as you're learning, and getting, say, higher on the pyramid toward whatever is truth, or whatever word to know, that there's no purpose in returning if there's a learning curve to go lower, as you return.

Bob: These things never quite work out the way they're planned. In theory, this might be quite true, in the sense that one shot in and one shot out, and you've learned all you need to know. Would that that that would be that way. [Scooter's note: truly, there were four "that"s in that sentence!] But we like to taste the pie and cake so much that we have to come around and get another taste, do you follow?

Yes, it was designed to whoop in and out, and there you go, you got it! But that descending and getting into orbit and decaying orbit, is nothing more than the building up of an addiction. You're not growing, you are over-learning, do you follow? You've been diverted by the taste, not the item itself. Can you see what I mean? 'Cause that's what it is. It's not -

Didn't I tell you about my progressive patterns of

expectations? Didn't I tell about mine? I thought I did that last time I was here. I didn't do that? Well, would you stop me if I've already told you? Because it's usually what I would do on a Sunday night, which I did or did not, because we got mixed up in some other stuff, as is often the case.

Maybe this will help. As I think I told you, it took a full year for this out of body activity before I concluded that it was a reality. And what did it? It was not any massive, maximum, macho event. It wasn't that at all. What it was, it was a series of building up of layers of "I know that's so," and the next one, I know that's so, because just pure validation and documentation. Until after a year, it wasn't the (message?) - it was just that final one that says, "Yeah, this whole thing is real." Because my objective, analytical system says it absolutely has to be. 112 times - do I need 212, 512, to know this is a reality, what I'm doing? That's the difference.

Alright. So, you take it the next step. My goodness, I haven't covered a lot! Take the next step, is that, there's things that freed me. The first thing that freed me was that it wasn't going to kill me. The second thing that freed me was that it was a reality. And so I didn't have to worry about all these psychotic possibilities and things like that. So it was a series of freedoms. And doing it the hard way. You're doing it the easy way. Can you see what I mean?

Take the next thing where it got real - where there are a series of learning patterns that are unexpected. And you can, hopefully, begin to reach for reality, as it were, based on the

hard way, that a lot of the times I had to do.

First one: After I got well into this and found out the way to release myself from certain constraints - and that was when, after about five years in, thereabouts, I found that this consciousness, this I, didn't know what to do with this self, this whole out of body activity. And, how many times can you go, say from Virginia to California to conduct a test, and all this? How many times can you go pinch a person or another person to prove something? How many times do you have to need to do this? It's the same thing, of accumulating knowing in whatever. But I was lost. And this is where I want to be sure I'm not repeating myself.

So, about five years into this, I said, this consciousness doesn't know what to do with it, and all the people I know don't really know what to do with it, you see? That was the problem. I had no authority to say, well, here do this. Because all of them were - had, were attached to belief systems, and I was not a part of that belief system. In other words, go to Heaven and back, these kinds of things. I found too many digressions between here and what might be Heaven. That's another story.

But the thing is that as a result, here I was accumulating something, and saying what is it I'm doing? One night, because I said, I can't figure how to any more with this than I'm doing - you know, going to look around Mars is not much fun. How much is - you can't pick it up and bring it back, you can't really prove much on it. In other words, in the 70's for example, we went all the way through following the early stuff that I did haphazardly.

Deliberately sent people to the moon, stars, and all this kind of stuff. But it's the same thing over and over again. In other words, how many times you have to go to Mars and loop around and try to sample the surface and this kind of thing before it's nothing new. It wasn't enough, is the point. In other words, it became repetitious.

So, then what - have I told you this, then? So what I did, one night I said there's got to be a part of me that does know something about this. Now that was an intuitive decision. It wasn't really, but that's what I thought it was at the time. So I said, one night, three o'clock in my usual ready - you know at three o'clock if you are awake and you've been asleep for four hours, four and a half hours, you're very rested, you're relaxed, and you're wide awake, fully conscious. So that's awfully easy at that time for me to just simply phase out of the physical. And I am in the typical Focus 15 blackness, as it were.

So, at this point I made the decision, looking around, not even knowing where to look, I said, "Total Self," I didn't like the word "soul," that made me go like this, because that was a belief system, I said, "Whatever, Total Self, <u>you</u> take over and <u>you</u> tell me what I do with this new talent I'm developing." And immediately - wham! This whole new area opened up. No more just going to Mars and back. No more going to Virginia and back. This whole other dimensional area opened up to me.

As a result, that's when my life pattern truly began to change. Because that freedom from fear exploration, and taking off. But there it was, I had found a means, whatever it was,

this Total Self of mine. And I went along more or less as a participant observer, more or less, from then on in all of these things. Although there were some that say, well, I like to do this. But how it was done and why it was done, was part of this, what I call my Total Self. Let the years sweep by and all these fascinating things took place, including meeting non-physical friends and making very fast friendships.

I was in a discussion out past the belief system rings with this one friend, and we were talking about goals. And as we were there talking about goals, and he said, "Well, perhaps our goals are different." And I said, "I don't see how they could be." And he said, "Well, what are your goals?" And I think he'd be very noble, very grandiose, said, "Well, to be in the service of humankind and (that seem?)." And my friend said, "Indeed, that is a very noble goal." And he said, "But there are other goals." And I said, "Well, what do you mean?" He says, "Well," in essence, politely, "You'll find out."

But that did start my syllogistic thinking process. Have I told you about all this? You sure? Alright. I've gotten teased badly one night, when everybody said, "Oh, no, you haven't told me this," and I had already told everybody about it. So, in essence, I went along merrily and happily having the goal of being in the service of humankind. And then, here's my non-physical friend says there's other goals. That started me thinking, what are - you know, here's my reality at work - what is another goal? What there could possibly be one? And then I remembered that back in my early days, and this is 10 years deep

into it, at least, maybe longer - I remembered back in the early days going to what I perceived of as "Home." And going Home to me was a place, a state, a whatever, where I can remember it very, very profoundly as an exquisite thing. And exquisite state of being. And in that Home, I experienced a great nostalgia to go Home. And BAM! this big explosion. Now, I know what I really want to do. I want to go home. And the I realized that so much of humankind has a nostalgia to go to something very indefinite that they call or think of as "Home." A deep nostalgia to return Home.

And in the two times that I had visited my original home, as it were, I had to be forcibly returned, or regretfully. I now know what the message was. It says you had a life to finish here, so get back. I mean I found later that whole thing pretty well set up. But there I was then having a whole new goal. And the idea of gathering all this experience, all this knowledge, this whole system of polarity, measurement, and everything else, energy manipulation, take it Home. And of course, a lot of the "local boy makes good" attitude was built into it. You know, strutting down Main Street, you know, and your medals on your shirt, you know, and hash marks, or whatever you want to call it, and a bag full of tricks. A bag full of experience to share with all of those still back home.

And I carried that joyfully for years, thinking that's a tremendous goal. And you can see - and you all immediately empathize with that goal - I can feel it immediately. Oh, yes, to go Home! My Source, my point of origin. And, so that went on

for years, and it was just a driving, happy force to do - to go Home. Gather everything you can! Stick it in your pockets, whatever. Information, experience, 'cause you can use it and go Home and be at Home.

Then - have I told you this? So, taking it down the next step was, ah, and this was 10 years ago, maybe even longer - do you know what time span is? This is time span! Anyway, this was another one of those things that I asked of this - I had since found this friend of mine had capabilities that I didn't have, and I was learning from him. I should perhaps say this another way because it's a misnomer. It wasn't a "him." It was a He/She. You couldn't tell which it was. Whether it was a he or a she, it was really a He/She.

Well, anyway, He/She was very obliging when I/we were in this discussion of this nice goal that I had of going Home, which he thought, indeed was a very noble goal. He didn't say it, that's all, just (he said that?), and so one of our meetings I thought wouldn't it be nice if I've been visiting home just twice before, it would be so reassuring if I could make one little quick visit just to get a taste of Home again before I return there on a permanent base.

And he said, well, in essence, "Sure," He/She said, "Well sure, _____? I'll teach you the quick switch method in order to do this." And so, He/She did. I can paraphrase the method in a very crude way. What it is, you stretch yourself to there, like a rubber band and let go here, and you're there, see? I mean that's the fastest way I can describe it in a very brutal way.

Well, anyway, he taught me this, and I used it, and I went Home.

[End side 1]

BOB'S TALK: 8/2a/90 -SIDE 2

Bob: . . .cumulus and we have, except that they were all different hues of different, brilliant, living colors, such as in a rainbow. And they were constantly changing in their patterns. And I went into the clouds, and it was truly just all that I remembered it was.

And then, and I'm paraphrasing, or trying to interpret what it was, and then as I was in the cloud rolling in great joy, or whatever, there was the music I remembered so well. And it was as if it were a hundred piece symphony exquisitely playing these wonderful, changing harmonic patterns. And, again, life-changing melodies, as it were, and a choir behind that of another thousand voices or something interspersed with this wonderful symphonic music. And I thought, this is what I came back - this is what I dreamed of doing, is coming back Home and being in this tremendous state of being. And learning, reality.

And after, what, who can tell, I'm not in time - but, after I lay there, stood there, floated there for whatever period - I was enjoying it and then suddenly a little worm appeared in my consciousness. A little worm. A little gnawing bite, whatever. And it flagged my attention. And as I responded to that gnawing flagged my attention, I watched the clouds and their beautiful patterns and I watched them again and again. And here's this one around like this, and it went on. And here came another one, around and around like this. And then to my great astonishment, all of sudden, the one that had gone here was back and it was repeating itself, again and again and again. And I must have,

quote, "done that" five, ten, 20 times, 'til I realized that this whole evolving pattern of color and form was recycling all the time. It was the same thing in a big loop, going over and over again. And then I listened to the music. And I listened carefully to the music. And here were these exquisite harmonic patterns, exquisite instrumentation; this wonderful melody line. And I waited, and here came another one and another one and another one and another one, and the first one, the original one comes back and repeats itself. All with exactly no modifications, exactly the same pattern. Pattern of instrumentation, pattern of harmony, pattern of melody -- all again.

And with that, I sat up and sat myself up, as it were, and said - there's an old-fashioned way of saying it, but, it's spelled S-h-a-y-e-t. I'm using the country music version of it. And it was indeed a shock that I realized that this whole thing - and there was a great, great fall, like that, of my expectancy when they took it. So, I thought I've got to be sure that - so I went through the clouds and down into this endless area where what I remembered as - they're the Curls played. And if you've read the book, you remember my talking about them. And the Curls were, are kids, children. Little pieces of intelligence, they're playing games. And I tried to bring out of my bag a memory, new games for them. And they said, "Oh no, we don't games. Don't bother us with - we got our game!" But I said, "This one's good!" "No, we -" And they went on. Ignored me, didn't want to hear it.

And then I stepped back, and I realized one thing - that I couldn't Home. And I couldn't go Home, because I couldn't fit in the glove anymore. The glove of being Home. The state of being Home. And I also had a huge realization as to why I left Home. Why I immigrated. And you know what it was? Absurdly simple. I was bored. There was nothing new I could learn at Home, or nothing I could get anybody else to do new at Home, so I took off, trying to find a new way of being. Or something different in being from what I had. That was what I learned on that.

One that seemed like an internal (Scooter's note: I think he meant eternal) trip, but was very short. The depression that I encountered from having that goal taken away from me, as it were, I took it away from myself, don't you see? So it's hard to say it was taken away from me. But it was a realization of what was, what isn't, instead of one's idealized impression of it.

So, with the going Home goal closed off, I had a hard time. Because I couldn't really find another at that point. But as things happened, I, in turn, then met an entirely different type of being, which I think I wrote about in FAR JOURNEYS. Have any of you read FAR JOURNEYS yet? Yeah, alright. You remember the INSPEC? Well, that set a whole new goal for me, because - and this was the most beauteous, infinitely intelligent being I thought I ever could meet. It wasn't God. That much I found out, 'cause that's what my first impression was. But anyway, it was a whole, new element entering into my life. And in the process of these long series of meeting with this INSPEC, this intelligent species representative, as it were, I began to learn

a lot of new things. But the most important thing that I learned was that I wanted to be like that INSPEC. And after a number of long meetings, I cajoled him - He/She, again, here we are - He/She showing me the way to go Home, but his home. And quote, "He/She" did. Just momentarily. And the exquisite joy, warmth, sense of oneness and everything coming out of that flow of those going to INSPEC land, as it were, or INSPEC being - that gave me a whole new thing that I needed to do. And that was, to be and get into being an INSPEC. Because that was the closest thing to, what would you call it - Godland? God-being? That I had ever encountered. It was tremendous.

And so, what I did is - that was my new goal, was to go, upon concluding my cycle here - and I was beginning to realize what my cycle here was from all of this. And once I concluded that, then I would go and get into the flow going to INSPEC land. And this INSPEC friend did not dissuade me from that idea, which is the other part. And that was my goal, very much up until about, I guess it would be four or five years ago. I'll get my timing straight. That's not important.

So that was a totally new and joyous goal. Is this helping? About, I guess it was five years ago, and I'll have to track it down, it could be somewhat less, but it was pretty close to that, my INSPEC friend - again, we had a yen, a meeting place that was an eternity beyond all the belief systems and the scaler wave of human thought, it was way out there somewhere. And it was a favorite meeting place. It's just there's a beacon you go there and ____? Anyway, on this one occasion we met out there. And I

have to watch carefully, I get emotional when I talk about this, so I'll try to hold on to it. We met there and without too much ceremony, as it were, my INSPEC friend said, "Mr. Monroe," he called me Mr. Monroe - facetiously - he said, "this is our last meeting." And I said, "What, what?" He says, "Yes, this will be the last. After this we cannot meet anymore." And I was shocked tremendously, because _____? "What have I done wrong?" Totally shocked and bewildered, because I had become so deeply attached to this INSPEC being.

And the INSPEC went on to say that I had taken another direction. And because of that direction I needed to perform other activities or functions, other than what I was doing with him, as it were. And I said, I can't be him, you know, and I'm in a total state of shock. And I said, "Well, can't you tell me more about this?" And he says, "No, it's something you'll have to learn. You'll have to go and get back to some basics." And I said, "But I . . ." and he says, and I said, "Won't we meet again?" And he says, "Yes, but not in this form." I say, "Well, in what form?" And he says, "Good day, Mr. Monroe." and CLICK! like that, and he's gone.

And I'm totally bewildered, totally lost. Because this was such a great, important relationship. I had lost the dearest friend - and that's an understatement that I ever thought I could possibly have. And I went back again and again to that meeting point. And it was just total blackness. Nothing. Not even a whiff of my INSPEC friend. And talk about dropping down in the hole. I really fell in the hole on that one. And it took months

before I began to get certain clues. And I found the first key clue. And that is that basics. And I went through the basics, trying to say well, what had I missed? Because he said I had to return to basics. And I thought, what in the world, what in the world, what in out-of-the-world, anywhere, was a basic that I had missed?

And I really had to search. And I went back and I said, I clicked that - taken care of that, taken care of that (says several more times!!), and I couldn't find what I had missed. Until, if you look hard enough you find it. Is this getting boring?

Audience: NO!

Bob: (Sighhhh). But I found it! Let me wet my whistle. What I - I was going - ticking these things off - and I found all the human processes, and I found out that where we're living, we are living, and this is a - and the rules of animals, and the animal system communication through here - I told you all about this before. Animal sub-self, and all this kind of stuff. I've told you. I learned all that, and still I'm saying there's a basic I'm missing. And then, like early one morning, a big flash came out. AHA! And so I said, all these years, all these years I had been - it's as if you had a wonderful airplane and you're flying it all over the place, or you're driving a car all over the world. And you've never looked under the hood. This total Self of mine, that I had so blithely been letting doing the driving, the navigating, and I'm happily, merrily riding around in it, as it were - but I've never looked under the hood to see what the

heck's underneath the hood. What the H-E-two-sticks is under the hood, see?

So, AHA, so, I thought, now how do I look under the hood of this total Self? So, I started, and when I, instead of - nice, neat trick - instead of rolling, phasing out this way, I phased inward, like that. In other words, past myself this way. In other words, think of phasing out this way, it's phasing inward.

And that became a whole new, strange and wonderful change. It took awhile. It took months and months and months to get through and into it. Would you like to know what I found? 'Cause you got one, too! Now we're playing with your reality, buddy!

Audience: Okay.

Bob: I can tell you very quickly. If I got one, you got one! Very, very careful penetration. Got two greens, that's not fair. There's a blue! (Scooter's note: I assume he's using magic markers) I can only graph it this way, because it's the only way I can do it systematically. In making that inward turn this way, I ran into a - and these are exquisitely familiar- here was this life. And I'll say the number one life experience. All of my memory, and it's more than memory, and I played around with this for a long time. Everything I've ever done, thought, have been, have been, was in that layer. All the emotions, all the action, and I played with this. I could go back to when I was a four year old very easily and explore something that I was when I was four years old. It was sort of being there and piggy backing it at the same time. Sort of a dualism.

So, I played around. All in exquisite detail, and it's like a permanent memory bank of what you have been all your life. Stuff you - you will remember it all - and you can relive it all. Go through that, and you can see how much interest this is, if you have a massive ego or something, go find out all these things. And that's this. Even to the moment of your birth. It's all neatly organized in chronological order. Up to the very nano-second of the very thing that you were doing at that time. It is being, also, added as it goes. Completely there.

So, that would be the first layer of this inner push. The second one coming in was what I call the E-Layer. It was kind of fun, after I got used to it. And I better make a change in color on that. [He draws] That's the emotional layer. And every emotion that - I was in pretty good shape, I found because - but that's incoming emotions that you have, have had or are having at that particular moment, or the other ones are, as you can imagine, one who is disorganized - I'm fairly well organized in this, I found out - but if a person is disorganized, this is a horrible mess. These are all the emotions you ever felt. And are "still feeling," see.

Audience: And being recorded?

Bob: Being recorded in great degree. All the angers - they're all there. And that's the interesting part. The next layer is what you have all - is more of an intellectual layer in the sense it's all of the patterns you have learned. In other words, all of the information. Whatever, whatever it is. It's an extrapolation of these brought into here.

Audience: I heard what you said, but I don't quite understand it.

Bob: Well, I can tell you the difference between one and three is, this is an extraction from these two, and put together in - put it another way - this is your left brain, intellectual self. And it's taken all this and made some sense out of it. That's the best way I can put it.

Audience: Taken all the emotional?

Bob: Everything, yeah. Even making sense out of the emotions. Oh yes, indeed! The whole 29 yards. Then, one other thing was at that point, I found an interesting layer here. Well, I thought that's all of it for quite awhile, 'cause I found it was like a barrier there. And in trying to track what seemed to be an endless pattern here, it was like Joshua in a Box. I found a hole in it! And it was a hole that let me in here, past that. And I say, I'm using nothing but symbols, because it's the only way that I can think of to do it. But I got past that barrier. And this, now mind you, this is not out in some far off whatever, this is ME! Who, me?

And, in penetrating that, I can tell you what I discovered. And that was the most astonishing thing of all. Because I never thought of these things, in the form that it is. But what I discovered in here were - and I can only symbolize it again, because, I'll put it this way - it was a huge storehouse. Storage whatever, I don't care what you call it, of every single individual life personality that I have ever lived. Every one of them! And behind that life personality was every, every totality

of this kind of experience for that life personality. And it was, mind(?) of course did it in my own way, but others have since symbolized it in a bunch of unending mass of video screens or computers and monitors. There's all sorts of ways that it - but, I personalize it very much as a sea of faces, all smiling at me like this. And, uh, as I looked at this mass of living beings that were I, they were all - I was they! They were I. And they were so many, I couldn't even begin to think of counting them. I'm utterly astonished when I saw this. That many.

I have since - know roughly how many. And they're all, believe me, they're all very alive. It's not a bunch of dead bodies lying around. They're all very alive. And, um, as I first got in, I'm standing there in awe of all this, these smiling faces. And they're just sort of fixed. And I thought, this is, is this I, all of this? And I cut through this little, fine gauze effect layer and stepped into it. I'm symbolizing it all. And all of a sudden (long pause, choking up) there was this tremendous cheering. And guys are cheering, "Hurray, hurray, you made it, you made it, you made! Hurray! You made it!" All this wonderful thing. It's as if the errant child had come home. And some of them saying, "Well, it's about time you got here!" And all this raucous, teasing laughter, this radiating warmth, love, understanding. And you look there, and you say this is ridiculous. I'm feeling all these things, and I'm talking to myself!

But there it was. And it took awhile to get over the shock of the reality of what I was. All of these living - living -

life personalities, each with its own living expense - experience. And, as it emerged, and I started getting back into this second again, I realized, I was told that - and you could go count them if you want - I said, "How many of us are there?" And he says, "Well, we stop counting after 2000. So, you go count them if you want." And that's pretty much the attitude.

But it seems, and I haven't the faintest idea how this emerges - whether it's a mass concept, a mass syllogism, I don't know - but there's sort of in my existence, there's what I call an Executive Committee. Now whether they're elected or just formed, I have no idea. Ur they're a synthesis of all of this, I don't know. Anyway, I began to communicate with this, this me, of a executive committee, my EXCOM, as I like to call it. And I say, well people are institutionalized who are talking to themselves like this. And they had loud laughter.

Anyway, that started the whole pattern of recognizing what I am, and in essence how I got here. This, hide part of it (I think he's referring to flip chart)- Think of it this way. I call that part of me, is my I-There. My I-There. And my I-There, I take the hyphen out and call it the IT of me. Now, see if I get it just right - I did.

So, in the design of this, what we have - you can think of the best way to describe it is, for example - that when you came along and came in here for one way or another, on your first time around, that first personality was set off here in orbit around this earth human. Better, rather, the human mass. You were put in orbit. Now, the design was, once you have made that orbit,

that you would come back up out of here, and that you would, in turn, goodness I made it awful tight this time. What you would do is go back over here and become a part of your I-There. Which is what I'm talking about when I describe this mass. Think of it another way. This I-There of you is an orbiter around this human mass of life experience, and you are a limb-module down on the surface, gathering information. Just as if this IT of you is/was the orbiter as we had one going around the moon, and has sent an investigating you down to experience being here. That's the loosest way I can describe it.

I know that in my own case, my I-There made up, and said, "Let's find out what it's like. We need some nice life experience in 20th century, uh, earth. We need that human experience to add to what we got." The era of the fire wagons and fire birds. We need ____? So, I was formed out of a composite out of five or six personalities that I know about that would be most suited - or seen to be most suited - to come down and be in this 20th century. That's what my design was. And that's what the I-There talked me down to get here.

So, the earliest one of those life patterns that I have, that I know about, is - I used to think it was - and it gets longer as I go along, at least 200,000 years ago, is the oldest one that I can find. That part of me - not this I - but that part of me has participated in human civilizations that are so foreign to this one that they're not recognizable. What - and they're several of them that I'm aware of - that make this civilization seem exquisitely primitive. And it didn't take

place in some far off where, where it was on this earth. And I got some interesting news for you, my dear friend kids. You've been in them, too, otherwise you wouldn't be here! That's one of the things I can certainly reveal to you at this point.

You have participated in these way pre-history civilizations, and that's -

Audience: So, we're having a family reunion?

Bob: It's sort of like that. It's a class reunion!

Audience (Can't hear)

Bob: So much where? Because that's the purpose, don't you see? You're gathering a whole bunch of new experience for your I-There.

Audience: Why do we want to go out past Mars, and all that when we can turn inward and find all these other -

Bob: Because, don't you see, that's part of being human. Part of being human is you are experiencing that nostalgia. The desire to rejoin some thing - whether it may your Maker, go to Heaven, all these are symbologies, and this nostalgia to go Home. That's all part of it. That's what makes us want to go out to the planets. We're reaching out. All these - there's a hundred million plus, there's a hundred plus million dollar radio telescope three or four hundred miles from here. What's it trying to find? It's trying to hear intelligent life in signals from other planets or other universes, or whatever. And that's all part of a yearning. Do you understand the yearning?

Audience: What does the I-There want in sending you down? I mean you said to gather a certain kind of experience. What does

it want that experience for?

Bob: Ahhh! Well, because it just needs to fill out its mosaic.

Audience: Sort of a form of completeness?

Bob: Yeah.

Audience: And that completeness relates to achieving that escape velocity?

Bob: Yeah.

Audience: And then if you get on escape velocity, what do you find out?

Bob: You're going to have a - I took a hundred thousand words to do that in the book.

Audience: Go ahead, buy a copy of your book.

Bob: I think I'll start _____? So, you ought to know all about this. So, here's what happens, though. You see, that's the cycle plan. Get through B, get back up here, go again. Funny thing always happens on the way to the store. Instead of coming back here, because of what you have gotten into this cycling process, and when you exit here, instead of heading back for your IT, and this is sadly what takes place. That's where you go! And you're lost to your IT. 'Cause you're hooked. In other words, you're hooked into something in the belief system territory. And do you know what the biggest job of your IT - and there are literally, I don't know how many of my IT are constantly doing - are rescuing the fallout from these belief systems, as people get "disillusioned." And fall through the crack - bring them back to the IT, see? Bring them back to the IT.

And what is happening in my IT now - and how did I find out? Believe me, they said, "Hey, it's time for you to do some of this!" and I had to. My I-There, my IT, is gathering all of its pieces together and trying out of here, especially. To get them assembled so we can take off. But we can't take off until we get them all put together again. And remember, this is not time dependent. We're still picking them up from a hundred thousand years ago. You see what I'm getting at?

So, that's the key of it. And I can tell you, where you are in 21, you are right on the edge of reaching over into your I-There. This stuff that I was trying to block out, very miserably, I grant you, wherever I did do it (checking flip chart), that is 21. That is 21. Now you can go out and play in the stars all you want. All you want. Or, but I assure you, that this is 21. You can go that-a-way, or you can go that-a-way. Yes ma'am?

Audience: Isn't this all ultimately part of the same thing, whether it's this way or that way?

Bob: Of course it is! That's what I call the freedom route. And both end up in the same place. Or in the same condition, the same state.

Audience: So, even though it appears you're rolling in a different way, you're really rolling back around to the same...

Bob: Not really, not really, not really. They both lead to the same point. But this makes it one H-E-two-sticks easier to do. Because then you can really know your characteristics.

There's absolutely nothing that you can think of or be that

you have not already experienced at 50 to 100 times within this life pattern. So you can say, well, I just got beheaded. Oh heck, that happened here, here, here. And I'll tell you how it was with me! He says, "What I did, I tried to put my head back on, it wouldn't work, so I finally gave up," you see? A whole series of things like this. Nothing, that's why I say, think of the maximum experience that you have available. That's what I'm talking about.

You talk about this present life - that's nothing. This is nothing, this is nothing, until you get to all of this. (Audience question I can't hear) No, you've got to make your own. You've already begun to make it. Don't worry about it. By the time you get through this in the months to come, that hole will be there and you'll just go, CHOING, like this! Easy.

Audience: I had a wild elevator ride today.

Bob: Well, you'll get past the scary part. It won't be scary. That's fun.

Audience: Have you arrived at any way to handle that emotional level?

Bob: Oh, well, that's taken care of. These characters here are automatically taking care of the emotional stuff. They're the ones who - that's - yeah, glad you mentioned this way. I can tell you what it is, is from my perspective. All of you go find out for yourself! Don't ask - take my IT - you got <u>your</u> IT, you go find out. But I discovered that somehow, what we call growth, and I say, as we label this, or spiritual growth, whatever label you want to call it - that's this process taking place plus this

process that is handling and using the emotional pattern, and get them as they are. Something of great value, but in a conversion to another form. That's growth.

I found that mine - I tried it a couple of times. You know me, I'm fiendish. I say, oh, they're talking about they got order and get all this incoming emotions under control. Experience it, then have it, do it, and then retain it as something of value. So, I would do an emotion there and say, well, let's see what they're doing. They say, they come in and say, "Well, we shoveled that one out, that wasn't much good. We stuck it down here in grade 23," see, this kind of stuff.

You'd be amazed that because you will be encountering because of what you are, not what I am. But what you are. You will be encountering new emotions every day, all the time. And the trick is, that because you have gotten this far into all of this, this process, this super person of you, will handle it far more easily. And neatly. Because you are now a part of it. You're that close to being in full knowledge of what you really are. Not just speculation. You can find it all out. Don't ask me. Go meet some of these characters. And they're all _____? that' s the interesting part. They're such a huge variety. And there's a - anything that you think you might have been - it's there. You'll have a dim memory of it. You'll find out what the make up of what you are has produced by this self. It's a safe bet to me that this IT of you, put together and say, well, we'll try this, just to see how this Robert Allan will do this. So, they have, well, one go down, we want one to go down and do this.

We want a part of us to go down and do this. So, fine let's roll them together, stick them in, poink. Doesn't mean they're perfect. But they meld together and become a new personality, don't you see? It's a melding, a composite that fits together. So it is a new one, but it's a product of a bunch of the old ones that have since disappeared and been swallowed up. So I know these parts of me, and they've explained some very, very strange occurrences. Strange, meaning unexplained occurrences in my life, have all been a product of something that I lived way back here, and reflected in this present life. Because one of my life personalities was existent then.

That is a very, very profound purpose in gathering certain parts of experience to fit this all together. And once you collect all of your pieces, and believe me, you'll get into that, that's one of the prices you pay - of going and retrieving parts of you as they become available. Either through a quick death somewhere, in 8200 BC or something like that, or having fallen out of a belief system because they were ousted because they didn't believe something, and it didn't work and out they flew. And you got to take them back, put them in your IT. And they're awfully glad to get back. But that's part of what you're doing is, assembling all of you. I assure you, go find out for yourself. You are assembling the parts of you so that you can truly take off and immigrate in another way.

Audience: And it's an ever-unfolding thing? No beginning, no end?

Bob: Oh yes, that's what I'm trying to say! It has - this part

- does, once you gather all the parts of you together. And I'm talking about the IT of you, of which you are a part. Then, that is complete and it is able - that IT of you, along with a cluster of ITs, and believe me, that's the other part. All of you are a part of an adjacent, a cluster of Its, of which are bonded together. And that's the reason you got here, too. Is because your IT is not too far in this bonded cluster.

With my IT, how many, I asked, how many are those? And I got a laugh. "Well, maybe a 100 thousand or 2 million. How many do you want?" And it all started, in my case, when in making one of the happy "runs," and it seems funny, 'cause once you perceive it, then you're phasing in this direction, and all of sudden here's this sea of Its. It just looks like an endless sea of it. And one time, in doing this heading for my inward - sounds weird the way I'm telling it, but it's the only way I can tell it - Here's a big gap, a ragged gap, in all this cluster of Its. And this is what started my question that you're asking. What happened to all of those? And he says, "Well, they winked out." And I said, "Well, where did they wink out to?" He says, "We don't know. They never come back."

And that started a whole new thing, but it took a book to finish that. But evidently, when they reach a critical mass, but I learned this much - is you have to, can't leave anything behind. So you're gathering all those together, and then that critical mass - BANG! - like that. And then the whole group leaves, winks out, disappears, and does something else. I have an idea what it is, but that's another story. I could go on all

night on that, because as I say, it took a 100,000 words to get it half way into a point. But that's where you are, that's what you're doing. Here you are in 21 - look what you can do. You can go out, sure. You can go to the moon and back, that's fine. But somebody's been there!

Audience: I've had so much fun. And the rest of these people are ready to beat me very severely about the head and shoulders with a stick. And in 21, I just had a ball. I felt like I was a little kid bouncing around and all the teachers are sitting there, well, we'll let him play now, but we're going to yank his chain later.

Bob: Well put, yeah. Fine. You, at least you've begun to perceive all those big buddies saying, "Go ahead, let him play!"

Audience: One more thing. I had the experience . . . . [end of tape]